



¿Crees que estás loco? Piénsalo dos veces: Recursos para la terapia cognitiva de la psicosis (3P) (Spanish Edition)

Anthony P. Morrison, Julia C. Renton, Paul French, Richard Bentall

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¿Está preocupado porque oye voces o tiene visiones que los demás no perciben? ¿Cree que hay otras personas que tratan de hacerle daño o de controlarle? ¿Cree que está sucediendo algo extraño a su alrededor que no puede explicar? ¿Le preocupa que otras personas puedan leer su mente o que alguien esté introduciendo pensamientos en su cabeza?

¿Crees que estás loco? Piénsalo dos veces proporciona una ayuda paso a paso efectiva que le ayudará a comprender sus problemas, realizar cambios positivos y promover la mejoría. Escrito por expertos en el campo, este libro le ayudará a:

- Entender cómo se desarrollaron sus problemas y por qué persisten
- Utilizar cuestionarios y hojas de seguimiento para identificar y registrar los cambios en los períodos entre experiencias
- Aprender cómo modificar sus pensamientos, sentimientos y comportamientos

Basado en técnicas clínicamente contrastadas y repleto de ejemplos sobre cómo la terapia cognitiva puede ayudar a las personas con angustiosas experiencias psicóticas, ¿Crees que estás loco? Piénsalo dos veces será un valioso recurso para las personas con psicosis.

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